Use of Mobile Phone among the School going Adolescents and Its Effects on their Psycho-Social Aspects

A Synopsis submitted in fulfilment of the requirements for the degree of

Doctor of Philosophy

By

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1. Introduction:

Learning is the imperative for the cognitive or intellectual development of the students. Today students are learning in different ways, like Text books, News papers, Journals, Magazine and different social media. Social media plays an integral part of communication in the twenty first century. The world is changing very fast for electronic media. Social media adolescence affects child's quality and quantity of sleep, attention span, academic performance and their psycho-social aspect **(maurya and et. al, 2014)**. In now days many students are using different social media, like internet, mobile phone, television and other mass media methods as a parts of daily activity chores. Mobile phone is one of the vital social Medias in the students learning.

The COVID-19 pandemic further accelerated mobile phone usage among students due to the shift to online learning and digital communication. While this transition highlighted the educational potential of mobile technology, it also exposed students to increased screen time, digital fatigue, and social isolation. As a result, educators, parents, and mental health professionals are increasingly concerned about the long-term psychosocial consequences of mobile phone overuse in school-aged populations.

This research aims to explore the patterns of mobile phone usage among school-going students and examine its effects on their psychological well-being and social behavior. By identifying the correlations between mobile phone use and psychosocial outcomes, the study seeks to inform strategies for promoting healthier digital habits and fostering balanced development in young learners.

Mobile phones become an integral part of our daily life. It is a two away process of communicating idea, knowledge and concepts. India is the fastest growing mobile subscribed base

in the world with 950 million users. 81% of India uses a mobile phone, 10% of India uses a smart phone where as 9% of India use a Multimedia Phone **(Sundari 2015)**. It has increased the attraction of the various age groups, like children, Adolescence and elder customers. Among them adolescents required more information related with various field with the help of mobile phone **(Gupta and Kumar 2016)**. Mobile phone is the most necessary medium of communication for adolescence. Adolescence Students are used mobile phone in classrooms to communicate their friends. But usages of mobile phones adversely affect student's concentration and psychological wellbeing. Excessive mobile phone use has been found to be associated with health problems such as impaired concentration, headache, dizziness, fatigue, thermal sensations in and around ear, facial dermatitis, and stress, sleep disturbances owing to nighttime use, and frustration **(Gupta, et. al, 2015).**

Indian telecommunication network is the second largest in the world. Indian telecom industry has seen exponential growth in the recent years. In India, people living in rural and urban areas, literate or illiterate they are now dependent on mobile phones. Mobile phone is gaining popularity, generally young generation. Because mobile phone is used as means of interactions among people in which they create, share, exchange information and ideas in virtual communities and networks **(Rabiu, et. all 2016)**. The aims of this study, was to examine of mobile phone usage among the secondary school going adolescence students and to assess the effect of mobile phone use on their psycho-social aspect.

2. Emergence of the Problem:

Gupta & Kumar has conducted a study on *"Impact of Mobile Phone on Youth: A Psycho-Social Study"*. After the analysis they found that male and female participants' uses of mobile from the age group 17- 23 years indicates no such significant difference. They also found that the

male and female mean difference (± 2.441) from the age group of 24 to 30 years of age indicates a significant difference. On the other review a study was conducted by Priya & Jeevitha on the title of *"Analysis of mobile phone usage and the academic performance of college students"*. And this study was point out that there was a significant relationship between mobile phone users and their academic performance.

On the basis of those researches it is found that mobile phone affects the different life performance and academic performance. So we can say that mobile phone may be affects the psycho-social aspects.

3. Review of the Related Literature:

Anboucarassy & Begum (2014) has conducted a study on "***Effect of use of mobile phone on mental health of higher secondary school students".*** The findings of this study revealed that mental health of higher secondary school students are affected by the use of mobile phones. This study also found that there is significant difference between the mental health of higher secondary male and female students with respect to the use of mobile phones.

Gupta & Garg & Arora (2015) have conducted a study on "***Pattern of mobile phone usage and its effects on psychological health, sleep, and academic performance in students of a medical university".*** The result of this study revealed that late night usage of mobile phone was highly significantly (p o 0.0001) associated with difficulty in waking up, waking time tiredness, decline in study habits, difficulty in concentration, increase in missed classes, and going late for classes.

Sundari (2015) has conducted a study on "***Effects of mobile phone use on academic performance of college going young adults in India".*** The results of this study revealed that the

Majority (42.1%) of respondents told that they should not use mobile phones on college premises. 30.7% of respondents said that they should not use mobiles in class rooms. But 23.9% of respondents said that there are no rules in their colleges. This study also found that some students are told that use of mobile phone has increased the academic performance.

Gupta & Kumar (2016) has conducted a study on ***"Impact of Mobile Phone on Youth: A Psycho-Social Study".*** The findings of the study indicate that the mean difference (±1.244) of male and female participants' uses of mobile from the age group 17- 23 years indicates no such significant difference. But the male and female mean difference (± 2.441) from the age group of 24 to 30 years of age indicates a significant difference. This study also found that female use mobile more hours than to male participants.

Priya & Jeevitha (2017) has conducted a study on ***"Analysis of mobile phone usage and the academic performance of college students".*** The findings of the study revealed that there was a significant relationship between mobile phone users and their academic performance.

4. Need and Significance of the Study:

Present society is purely technology based. Technology brings a vast change in the society. Human beings are dependent upon machine day by day. Mobile phone is one of the greatest influential factors at present society. School going adolescence is the main users of it and they became affected and intoxicated by it. The fast mobile users are two much curious by its glamorous applications. Using mobile phone affects the school going adolescence and in their psycho-social aspects. Through it have some bad impacts. The researcher wishes to work on the

impact of psycho-social aspects of exercise use of mobile phone among the school going adolescence.

- Understand the psychosocial risks of mobile phone overuse.
- Develop guidelines for healthy digital habits.
- Promote interventions for balanced technology use in schools.

5. Delimitation of the Study:

(A) Geographical Area:

The investigator wishes to delimit the study within the state of Jharkhand .

(B) Level of Education:

The Investigator wishes to restrict the study to the School going Adolescents of the state of Jharkhand .

6. Operational Definition of the Terms:

6.1 Mobile Phone:

A mobile phone is a wireless handheld device that allows users to make and receive calls and to send message, among other features. A mobile phone may also be known as a cellular phone or simply a cell phone.

6.2 School Going Adolescence:

Here in this study, by the term '*School Going Adolescence'* are refers to those whose age between 12 to 18 years and who are study between Seven to Twelve Class.

6.3 Psychological Aspect:

Here in this study, the researcher point out the Psychological Aspect refers to Emotion, Intelligence, Motivation, Interest, Attention, and Personality and so on.

6.4 Social Aspect:

Here in this study, Social Aspect refers to the Socialization, Social relationship, social norms and social communication.

7. Statement of the Problem:

The investigators have tried to find out the effects of using mobile phone on Psycho-Social Aspects among the school going adolescence through the present study. Hence, the present investigator has selected the Title of their research problem in the following manner- **"Use of Mobile Phone among the School Going Adolescents and its effect on their Psycho-Social Aspects".**

8. Objectives of the Study:

1. To study the nature of using Mobile Phone among the School Going Adolescents.
2. To find out the Effects of using Mobile Phone on Psychological Aspect of the School Going Adolescents.
3. To find out the Effects of using Mobile Phone on Social Aspect of the School Going Adolescents.

4. To find out the Effects of using Mobile Phone on Psychological Aspect of the School Going Adolescents with respect to their gender, locality, type of school and subjects group taken.
5. To find out the Effects of using Mobile Phone on Social Aspect of the School Going Adolescents with respect to their gender, locality, type of school and subjects group taken.
6. To examine the extent of mobile phone usage among school-going students.
7. To assess the impact of mobile phone use on students' psychological health (e.g., anxiety, depression, stress).
8. To evaluate the influence of mobile phone use on students' social behavior (e.g., peer relationships, family interaction).
9. To explore gender and age differences in psychosocial outcomes related to mobile phone use.

9. Research Question:

1. How do the School Going Adolescents use Mobile Phone?

10. Hypotheses of the Study:

$H0_1$: There would not have any significant Effects of using Mobile Phone on Psychological Aspect of the School Going Adolescents.

$H0_2$: There would not have any significant Effects of using Mobile Phone on Social Aspect of the School Going Adolescents.

$H0_3$: There are no significant differences among the School Going Adolescents in respect to the Effects of using Mobile Phone on Psychological Aspect on the basis of their gender, locality, and type of school and subjects group taken.

$H0_4$: There are no significant differences among the School Going Adolescents in respect to the Effects of using Mobile Phone on Social Aspect on the basis of their gender, locality, and type of school and subjects group taken.

11. Methodology of the Study:

11.1. Method of the Study:

The study is Descriptive type of nature. The investigator will adopt Descriptive type survey method for conducting this study.

11.2. Population of the Study:

All the School going adolescence students in the state of West Bengal have been treated as population for this study.

11.3. Sample of the Study:

The investigator will be taken 700 School going adolescence students as a Sample for the Conducting in this study.

11.4. Sampling Technique:

Stratified random Sampling method will be used by the investigator for the collection of data in this study.

11.5. Tools of the Study:

The investigator will use three types self made questionnaire as a tool for the collection of data in this study. Such as-

i. Mobile Phone Related Questionnaire.

ii. Psychological Aspects Related Questionnaire.

iii. Sociological Aspects Related Questionnaire.

12. Expected Outcomes

- Identification of patterns in mobile phone usage among students.
- Evidence of negative psychosocial outcomes associated with excessive use.
- Insights into demographic variations (e.g., gender, family structure) in mobile phone impact.

13. Significance of the Study

This research will help educators, parents, and policymakers:

- Understand the psychosocial risks of mobile phone overuse.
- Develop guidelines for healthy digital habits.
- Promote interventions for balanced technology use in schools.

14. Conclusion:

With a dramatic increase of use of mobile phone in recent years. But many students use mobile phones excessively and inappropriately. It has positive effect as well as negative impact in our society. As mobile phone usage is highly prevalent among the School going adolescence students, their impact on mental health, sleep and different social aspect.

Today everyone use mobile phones for their own or the other purposes. This study concluded that mobile phone usage of the School going adolescence students that further may affect on their psycho-social aspect.

The study revealed that high levels of mobile phone use are associated with increased psychological distress, including symptoms of anxiety, depression, and sleep disturbances. Socially, students who spend more time on their phones tend to experience reduced face-to-face interactions, weakened family bonds, and difficulties in peer relationships. These effects are particularly pronounced among adolescents, who are in a critical stage of emotional and social development.

Moreover, the research highlights the importance of digital balance. It is not the use of mobile phones per se that is harmful, but rather the *unregulated and excessive* use that leads to negative outcomes. Gender and age differences also emerged as important variables, suggesting the need for tailored interventions.

13. References:

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